

# Warren SENTINEL

Guardian  
Challenge  
2005

New  
Airmen's  
Manual

20th Air Force  
Quarterly Awards





# Commentary

## Make it happen everyday

**Col. Jodie Bliss**  
Commander, 90th  
Maintenance Group

As we head into the last weekend before the Nuclear Surety Inspection let's take a moment and put things into perspective. Yes, the inspectors are coming, and yes, inspections do take things up a notch. But think about it this way; the NSI is our opportunity to renew our operating license.

The inspectors will evaluate our ability to do the jobs we do everyday. We know exactly what they are going to look at, and everything on the inspection list is everything we do on a daily basis: technical operations, security, PRP, training, and all the documentation and support pieces that make it all come together. Not only do we do it every day, we do it very well every day.

The emphasis and preparations over the past few months help focus us on those specific areas the inspectors will evaluate so we can do our everyday jobs exceptionally well, with professional pride and confidence. The focus is on the nuclear aspect of the mission, but with any inspection everyone has the opportunity to positively influence the outcome. First impressions go a long way, so your critical eye assessing how things look, both inside and outside, coupled with on-the-spot corrective action will make a difference.

Besides base appearance, first impressions occur with the first greeting at the front gate; as you pass someone in the parking lot and hallways; and when the inspectors come into your shop. Military customs and courtesies tell an inspector, really all visitors, a great deal about an organization's professionalism.

Everyone from the newest Airman to the wing commander has a role in the inspection, whether your shop is on the evaluation list or not. But this responsibility isn't unique to inspections, it resides

with each of us everyday.

You've seen the WIRED logo in various locations across the base, and I personally believe in the WIRED approach. If we're not supporting, operating, securing and maintaining our nuclear assets correctly on a daily basis, we're not ready for an inspection, but far worse, we're not performing our daily mission properly. That's just not the case here. We get it right every day through the process, training, and the people America has entrusted with this critical mission.

We bring together individual expertise through highly trained professionals and a team is formed every single day. The faces change, but whether you work at the front gate, law enforcement, weapons storage area, missile alert facility, launch facility, hospital, club, dining facility, fire department, civil engineering, communications, finance, military/civilian personnel, chapel, services, operations, security forces, maintenance, support, or the wing staff, the team is formed daily. All the players collectively make the mission happen, and you do it well.

So, when Monday morning comes around and the final polish is applied to your area in preparation for Tuesday's inspection start, think about your training and the professionalism you bring to the team every day and give it your best.

We can ask no more than that you give it your best. We can do nothing but succeed—not only during the NSI, but everyday.



## Hoops Shots

To continue a theme from last week's column we should remember that people helping organizations and booster clubs are also great wingmen. When you support them — whether it's Air Force Aid, NCO Council, Air Force Association, Warren Spouses Club, etc. — you are also supporting their ability to be there for our people in need.

An example of this kind of wingman comes from our **Mighty Defender's Top 4 Organization**. In 2004 they gave out about \$40,000 in direct support of troops — from scholarships to emergencies and more. I salute the Top 4's generosity and what they did for our people. In another example I saw Air Force Aid collected only about a quarter in donations of what they paid out for this base. I encourage all of us to support these agencies so they in turn can support our troops. Giving is also being a wingman.

We had the chance last week to honor several wingmen — our dedicated **Family Service Center volunteers**. Last year they worked almost 3,000 volunteer hours in Airmen's Attic, Loan Closet, Project Kid Stuff, layettes, welcome and sponsor packages and more. Just the Loan Closet alone saved our people almost \$70,000. Sixty-five layettes were given out to newborn babies of E-4s and below. In all, about 6,800 customers benefited from these programs. Our volunteers range from teenagers to **Don Curtis** an 84-year-old World War II veteran. In a recognition dinner put on by the **Mighty Family Service Center** staff headed by **Vicki Smith, Jodi Milbourn** and **Joyce McHugh**, we honored the following quarterly award winners: **Kelsey Westbrook, Barbara Richardson** and **Cindy Bair**. Ms. Westbrook was then announced as the Volunteer of the Year. Well done to all who volunteer — you are also wingmen who ensure that **Life is a No-Lone Zone**.

I got to spend a morning with the terrific **Mighty Medics**. **Maj. (Dr.) Mike Woods** brings the aerospace medicine team togeth-

er to ensure safe work sites and housing. **Maj. Kal Patel** and his bio team ensure base water supplies are safe and monitors work sites for hazards. I was very impressed with the demo his team gave me on how they determine whether an unknown substance is safe or not. I later gave **Staff Sgt. Doug Williams**, an ex-defender turned public health apprentice, my coin for beating the Air Force standard of 90 percent currency on occupational health exams. His leadership keeps us current at 96 percent! **Maj. Armando Rosales** and the public health staff are a critical part of the animal bite program and ensure base eating establishments are safe. I learned that **Mrs. Michelle Schluter** has the best smelling office on the base. She runs the gas mask fit program and has kept our currency testing at 97 percent base wide and 99 percent for deployers. You should stop by her office and see what flavor candle she's burning today. I'm proud of these professionals for keeping us and our families safe.

Speaking of being safe I want to salute one of our **Mighty Maintainers**. **Staff Sgt. Kelly Komm** from 90th Missile Operations Squadron was returning to base from a long day in the field. Just five short miles from home they encountered dense fog. The temptation to press ahead the last few minutes would have been strong for anyone, but he did the right thing — safely pulled over, called in the Red road conditions and awaited instructions. His quick thinking not only kept his own team of four safe but also ensured anyone traveling to or from base on that road knew that the road had changed from Green to Red — thus, ensuring other teams were safe. Well done!

It's smart thinking and teamwork like this that will see us through our tough day-to-day mission and will blow the socks off the inspector general for upcoming inspection. I have no doubt we will prove that **NSI means No Second Inspection**.

--Col. Hoops

### —Warren— SENTINEL

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On the cover ...



Airman Randall Newton, 90th Logistics Readiness Squadron, measures drums Thursday.

# Commentary

## Let's win: NSI/CCA success, part two

**Lt. Col. Mike Morgan**  
Commander, 320th Missile  
Squadron

Inspection results are a snapshot of daily performance and are an indication of how well we conduct our deterrent mission. In February and March our base will receive its Nuclear Surety Inspection and Combat Capability Assessment. Being so close together, they represent the most rigorous look the base has ever received in such a short time span. The results go directly to the highest levels in Space Command, Strategic Command and DoD. And believe it or not, our adversaries look at our results and adjust their posture based on how well they perceive we are doing.

I offer four keys to success to use during the inspections.

First, plan ahead. Proper pre-task planning with your team or crew lays the foundation for a perfect showing. Anticipate what may go wrong and know the strength and weakness of your teammates. Discuss how you will handle situations that may arise and review all the procedures before you dispatch or begin a task.

Second, use technical data

precisely. This applies to other written guidance as well. Whether you have done a task once or 200 times, there is no substitute for sticking to the T.O. Memory items are usually the exception, not the rule. You will impress the evaluators more by following and understanding your procedures than by being able to spout off facts from memory. Lean heavily on the checklist and don't hurry on tasks that are not timed. Make sure your technical data is current and check off steps as you go. Pay particular attention to steps that emphasize nuclear safety and surety. This may seem overly simplified, but precise application of guidance has led to many a professional performer/team member. Evaluators can tell instantly whether you use checklists all the time or are just doing it for them.

Third, use teamwork. Rarely, if ever, is a nuclear weapons task the sole responsibility of a single individual. Communicate out in the field—tell others what the inspectors asked or were interested in when they depart your site. Set your teammates up for success. Assist those under evaluation by not distracting them when unnecessary and helping them when

you are able. The briefing item you catch that others missed may save your team from a costly error. Also, study and get ready as team. You will be better prepared by developing crew coordination—this applies not only to missile crews, but FMs/chefs, FSCs/SRTs, and EMT teams too.

Fourth, ask for help when allowed. If you are unsure of the task requirements ask a fellow teammate or supervisor for guidance. Use reachback—your supervisors, training, stan/eval shop and other base agencies can assist you. Don't "shoot from the hip" and don't hesitate to stop your team and get clarification before moving on.

Throughout all of these steps, emphasize safety in all that you do, whether it is T.O. steps during an evaluated task, driving to the field, or even after duty hours. Part of ensuring nuclear safety and surety is the Personnel Reliability Program. The NSI evaluators will exercise PRP in a variety of scenarios to test your unit's ability to identify PRP issues and take appropriate actions. This is a critical part of the inspection and an area where individual responsibilities are the biggest factor

to success. Be able to name your certifying official and the competent medical authority. Know and comply explicitly with the rules for on and off base medical care and know the rules for use of over-the-counter medications. Carry your unit's PRP card and reference it when necessary. Following these simple rules sets you, your unit, and the entire base up for success. Remember that PRP is more than just following the medical rules but includes financial, relationship, legal and all other issues that affect an individual's reliability.

The Mighty Ninety proved its mettle in 2004 with an impressive string of inspection results. The wing achieved its best Operational Readiness Inspection rating in more than five years. Operators led the OG to the best Nuclear Control Order Procedures rating in more than 11 years and unprecedented ratings during the Compliance Inspection. Security forces and maintainers filled inspection reports with Outstanding and Excellent ratings along with scores of strengths and best practices. Let's repeat the feat in 2005 with blockbuster scores on the NSI and CCA. Are you ready? I say bring 'em on—let's win!

## PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS



6x2



# Congratulations to the 20th Air Force Quarterly Award Winners

CGO of the Quarter: Capt. Steven Rigel, CVX  
 SNCO of the Quarter: Master Sgt. Paul Linde, LGK  
 NCO of the Quarter: Tech. Sgt. Robert Gauthier, LG  
 Civilian of the Quarter: Dave Barr, CCP

## Operations and Safety Quarterly Award Winners

Security Forces Officer:  
 1st Lt. Ronald Pethoud II, 790th Missile Security Forces Squadron  
 Flight Safety:  
 Capts. Gabriel Ledford and Robert Lockwood  
 Airman 1st Class Ryan Miller, 37th Helicopter Flight

# Virtual MPF

## What the new online system can do for you

**1st Lt. Sean Brazel**  
*90th Mission Support Squadron*

The Virtual Military Personnel Flight is an on-line system that allows both active duty and civilian members to access a variety of personnel applications. If you are not familiar with the system, here are just a few actions that any Air Force member can access from any desk-top computer.

Curious about your decorations? Access your awards information and the vMPF page will display your ribbons in the proper order of precedence as you would wear them on your uniform (in color).

Check your assignment history or promotion information to ensure accuracy.

Outprocessing? Request an out-processing checklist and check your personal information.

It is mandatory that all active duty members have an updated record of Emergency Data on file.

With the vMPF you can complete your vRED from your home computer.

Thinking of buying a house? By using the vMPF you can obtain a Proof of Service Letter in order to apply for a home loan.

Check your WAPS score notice and data verification.

Want to know who's vulnerable for retraining? It's located on the vMPF.

These are just a few applications that make the vMPF such a valuable tool.

If you have never tried to access the page log onto <https://www.afpc.randolph.af.mil/>. You will need four pieces of career information in order to establish a password account or to establish a Common Access Card (CAC) pass:

1. Parent MAJCOM
2. Date of Birth
3. Pay Date (on your LES)
4. SSAN

If you have forgotten your vMPF Login or Password, you will need to contact the AFPC Technical Assistance Center using one of the following numbers: DSN: 665-3995, Commercial: (210) 565-3395, Toll Free: 1-800-638-3487.



Photo by Airman 1st Class Lauren Sixbey

## GOVERNOR SIGNS WWII PROCLAMATION

Gov. Dave Freudenthal signs a proclamation honoring the World War II Battle of the Bulge time period of Dec. 16, 1944 through Jan. 28, 1945 as a memorial period for the state of Wyoming. Maj. William C. Nichols, 75th Infantry Division, is a veteran of the battle and was just 21 years old when it began. Nineteen thousand Americans lost their lives, more than any other battle during the war.



## Briefs

### Warren Tax Center

Warren's Tax Center is now open in the basement of Building 232.

Appointments can be made by calling the tax center at 773-5TAX (773-5829). Tax preparation and filing are by appointment only, so be sure to call and make an appointment in advance.

### Cheyenne VA to host flu clinic

The Cheyenne VA Medical Center will host a flu clinic on Wednesday in the auditorium at the VA. The flu clinic is scheduled to be held from 9 a.m. to noon and 1 to 4 p.m. and is open to all veterans 50 years old and above. Flu shots will also be given to veterans who are in close contact with people in high-risk categories such as infants, the elderly and chronically ill patients. Call 778-7550 to schedule an appointment.

### Essay contest

The Armed Services YMCA is holding their annual essay contest, "Why I Like to Read." Suspense is Feb. 17. Dependents of active duty military personnel or retired from the Army, Navy, Marines, Air Force, Coast Guard and National Guard/Reserves, in grades 1-12, are eligible to enter. Children of DoD civilians are eligible for an honorary category. To download the entry form and brochure, go to: <http://www.asymca.org/essaycontest.html>.

### Annual Awards

The annual awards Banquet will be Feb. 17 at the Trail's End Club. The cost is \$15 for members and \$17 for non-members. RSVP to your first shirt by Tuesday.

### CDC reminder

Military members who are parents of children enrolled at the Child Development Center must have their AF Form 357 current.

The CDC will not have weekend hours during these inspections.

If a parent is in need of weekend care, contact our family child care office at 773-3317 for possible assistance.

### Post office relocated

The military side of the postal service center is temporarily relocated to Building 298, which is directly across from the postal center's parking lot.

As a reminder, if you receive a pink slip, you must bring it to the U.S. Postal Service Center.

# Safety advice for winter sports

**Tech. Sgt. Jerry Fenwick**  
90th Space Wing Safety office

Winter has arrived, the temperatures are growing colder, and the lakes are beginning to freeze over.

For those wanting to participate in frozen water sports, here are a few tips for anyone thinking about going on the ice.

If you want to ice fish or ice skate, these activities are allowed, but we urge extreme caution should you choose to engage in them.

The following precautions are recommended when you venture out on the ice:

1. Ice fishing, skating, etc. on the base lakes will be done at your own risk.

2. The lakes on base are 12 feet deep all the way across. The bottom slopes down and away from the bank nearly vertically.

3. No matter how thick, no ice is ever 100 percent safe.

4. No vehicles of any type are allowed on the ice.

5. Go out with a buddy and

keep a good distance apart as you walk out. If one of you goes in the water, the other can call for help.

6. Always let someone know of your plans and when you will return.

7. Wear a life jacket. Life vests or float coats provide excellent flotation and protection from hypothermia (loss of body temperature).

8. Be very careful if it looks like the aeration systems are on in the lakes. Aerators keep areas of water open to provide oxygen for fish. The ice can be weakened many yards beyond where the ice is actually open.

9. Carry a pair of homemade ice picks or even a pair of screwdrivers tied together with a few yards of strong cord that can be used to pull yourself up and onto the ice if you fall in.

Be sure they have wooden handles so if you drop them in the struggle to get out of the water; they won't go straight to the bottom!

10. Be suspicious of gray, dark or porous spots in the ice as these may be soft areas. Ice is generally strongest where it is hard and blue.

Wait to walk out on the ice until there are at least four inches of clear, solid ice.

11. Should you break through the ice, try not to panic. Remember to turn toward the direction you came from -- toward the ice that supported you. Use the screwdrivers or your hands to gain a hold on the unbroken surface of the ice, and advance by kicking your feet. Once you are out of the water and are lying on the ice, don't stand! Roll away from the point where you broke through, until you are on solid ice.

12. If you do see someone fall through the ice, do not run toward them. Call for help. If on or off base call 911. Then carefully extend a rope, ladder, pole or line to the victim, if available.

13. Above all, avoid alcoholic beverages. Alcoholic beverages increase your chances for hypothermia and the likelihood that you'll make a mistake that might cost you or a companion their life.

If you have any questions, contact the 90th Space Wing Safety office at 773-1842. Stay safe and be careful when on the ice.



Courtesy photo

**Lt. Col. Stephen Thompson poses with Senior Airman Joshua Delk who won \$1,000 in a drawing of all new Air Force Club members in all of Air Force Space Command. The Trail's End Club had 143 people join during the promotion, which was more than 200 percent of their goal.**



# Armed Services YMCA announces art contest

Article courtesy of Armed Services YMCA of the USA

ALEXANDRIA, Va. -- The Armed Services YMCA Art Contest 2005 seeks young artist for its annual contest titled "My Military Family".

Co-sponsored by GEICO Direct, the art contest promotes art among children of active duty or retired from the Army, Navy, Marines, Air Force, Coast Guard, National Guard/Reserves families.

Children of DoD civilians are also qualified to enter.

Children in grades Kindergarten through sixth are eligible to enter. Winning artwork receives U.S. Savings Bonds.

One \$500 first place bond and one \$100 second place bond will be awarded to winners in each service category.

In addition, there is one \$100 savings bond for an entry from a DoD civilian's child.

The top six of each service will be highlighted on the Armed Services YMCA annual Military Family Month Poster.

Students are asked to draw a picture of their military family.

All entries should be drawn on a 8x8-inch piece of white paper. Note that this is different from

past years.

Entries with great use of color and patriotic theme have caught judges attention in the past.

Entries should be postmarked no later than Feb. 14, to be eligible.

Send entries to the following address:

Armed Services YMCA  
Attn: Art Contest  
6359 Walker Lane, Suite 200  
Alexandria, VA 22310

All entries should include the official entry form completely filled out and attached to the backside of each entry.

The entry form can be found on the Armed Services YMCA Web site: [www.asymca.org](http://www.asymca.org).

For any additional information not found on the Web site, e-mail the questions to [tharper@asymca.org](mailto:tharper@asymca.org) or call 703-313-9600 ext. 10.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families.

Celebrating 143 years, the Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, Va., has more than 80 program locations around the world.

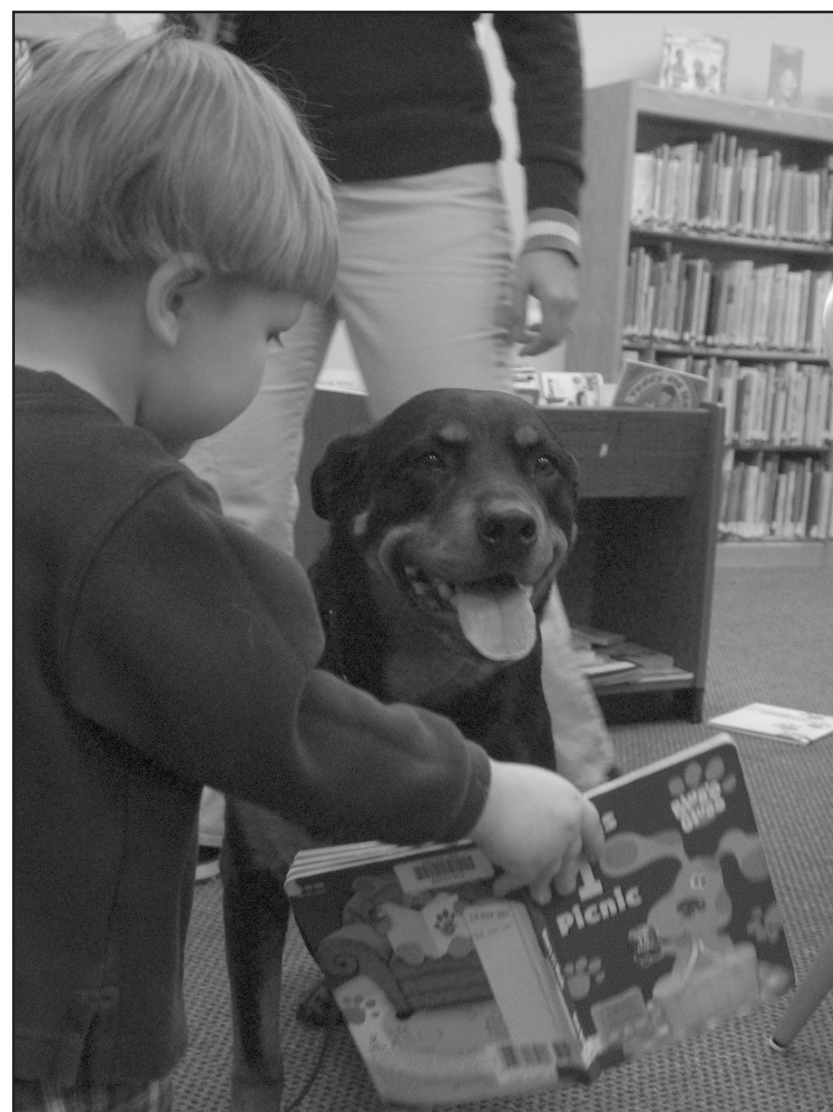


Photo by 1st Lt. Nicole Walters

## BASE LIBRARY GOES TO THE DOGS

Noah Bylow, son of Staff Sgt. Keith Bylow and Pamela Bylow reads Blue's Clues to Lady, a Warren member's rottweiler. The Warren Library celebrated "Walk Your Dog Month" Jan. 21, with a day of crafts and books for children.

# Child injury prevention tips

**Capt. Christopher L. Archer**  
90th Medical Group,  
pediatric clinical nurse

Injuries have causes. They don't simply befall us from fate or bad luck.

All "accidents" have one thing in common--somewhere along the way there was a human involved. More than 20.6 million children are injured each year; of those, over 22,000 children will die from these injuries--outranking all pediatric diseases combined. There are strategies parents can take to prevent most of these injuries.

The most frequent types of injuries vary with children's age. The most com-

mon causes of injury to children ages 4 and under are fires/burns, drownings and motor vehicle accidents.

For infants and toddlers, 4 and under, some general measures:

Do not store harmful things in containers that would give children the impression it's food.

Do not let your child play with small toys that could be swallowed or breathed into the lungs.

Use appropriate passenger restraints/car seats based on your child's age. If possible, children 1 year old and under should be in a rear-facing seat, placed in the back seat.

Never place a rear-facing car seat in the front where

an air bag is present.

Toddlers/pre-schoolers should be in a front-facing car seat, preferably in the back seat. Again, never place where an air bag is present.

Use gates in stairways and doorways. Install operable window guards on all windows above the first floor. Do not use a baby walker.

Babies explore their environment by putting anything and everything into their mouths.

Never leave small objects in your baby's reach, even for a moment..

Never feed your baby hard pieces of food such as candy, chunks of raw carrots, apples, hot dogs, grapes, peanuts and popcorn. Cut

all foods into thin pieces to prevent choking.

To prevent possible suffocation and reduce the risk of sudden infant death syndrome, your baby should always sleep on his or her back.

Never put your baby on anything soft enough to cover the face and block air to the nose and mouth.

Do not leave your child alone in a car. Death from excess heat may occur in a closed car in warm weather in a short time.

Never let children swim alone, or leave them unattended/unsupervised while in the bathtub. Keep the bathroom doors closed.

Install outlet plug covers on all unused electrical

outlets.

For school aged children: Teach your child to not play with matches/lighters.

Ensure your children wear proper safety gear while bicycling, roller-blading, skateboarding and snowboarding, etc.

Teach your children to never accept gifts from strangers or get in an automobile with a stranger. Establish a codeword with your child that must be given by another person should your child have to ride with someone other than you.

Your children depend on you for their safety.

Be proactive and take appropriate measures to keep your children happy and safe.



# New Airmen's Manual

## Chief Murray presents first copies to BMT Airmen

**Master Sgt. Chuck Roberts**

*Air Force Print News*

### LACKLAND AIR FORCE BASE, Texas

(AFP) — If Airman Basic Rachel Redel ever forgets who presented her with one of the first two copies of Airman, Air Force Handbook 1, she can find the answer under "Chief Master Sergeants of the Air Force," on Page 15, "Gerald R. Murray."

If the 23-year-old basic trainee is curious about what her occupational badge will look like when she graduates basic training in a few weeks and later completes 27 weeks of technical training at Eglin Air Force Base, Fla., she can check it out on Page 210 "Explosive Ordnance Disposal."

That was the intent of Air Force Chief of Staff Gen. John P. Jumper, who conceived the idea for a pocket-sized book offering new Air Force accessions everything they need to know to pass "Air Force 101."

General Jumper's vision

came to fruition Jan. 31 when Chief Murray, the Air Force's top enlisted Airman, dropped in on a classroom of basic trainees to personally present the first two copies to Airman Redel and Airman Basic Thomas Collins Jr.

"You are the first in the Air Force to receive the new Airman handbook," Chief Murray told the gathering of basic trainees of the 326th Training Squadron in their fourth week of basic training. "I wish we'd had something like this when I started my career. It's really a foundation of what we do in the Air Force."

The blue paperback handbook offers "big pictures" and little words to blend together the four pillars of the Air Force: character, honor, personal integrity and patriotism throughout its 360 pages.

Chief Murray encouraged the basic trainees to use the handbook as a means of continually increasing their overall knowledge.

"The more you learn about this great Air Force,



Photo by Master Sgt. Efrain Gonzalez

**Chief Master Sgt. of the Air Force Gerald R. Murray addresses Air Force trainees of the 326th Training Squadron here before presenting each of them the new Airman handbook.**

the more doors it opens up," he said.

The handbook encompasses a broad expanse of military information broken into six sections, covering topics such as "Air Force Top 10 Aces," "Air Force Vocabulary," "CONOPS" and "Medal of Honor Recipients." The handbook falls under the

Air Force Occupational Measurement Squadron at Randolph Air Force Base, Texas.

Airman Redel said there is one thing she will not need the book for -- to remember the surprise at being picked to receive her copy from Chief Murray. She had known for a few days that he would be mak-

ing a guest appearance, but she did not find out until 10 minutes before his arrival that she would personally receive an autographed copy from him.

"I feel very honored," said the Sierra Vista, Ariz., native. "It's something I'll never forget and will keep with me the rest of my career."

## Staying in the Reserve after seperation can pay off

**Alicia Helton**  
*5th Bomb Wing, Public Affairs*

**MINOT AIR FORCE BASE, N.D. (AFP)** — Should I stay or should I go? For those in uniform, it is a question they face each time they come to the end of their enlistment. To many, deciding to stay on active duty or switch to the civilian sector seems to be their only options.

Air Force Reserve officials beg to differ.

Tech. Sgt. Michael Nienhaus, an in-service recruiter here, offers people another choice: keep their military benefits and serve their country while holding down a civilian job.

"There are many programs and benefits the Reserve (has to offer)," Sergeant Nienhaus said. "There's

100 percent educational assistance as well as accessibility to [college credits tests] and the commissary and base exchange privileges. Also, there are family dental and medical benefits for the (Airman) while (he or she is) in uniform."

In the Reserve, people can take advantage of programs like individual mobilization augmentee to balance their duty commitments with their civilian occupations.

"IMA is a great program for a stable full-time student and is very flexible by not taking up week-ends," Sergeant Nienhaus said. "Under this program, reservists are required to work 26 days a year, which includes two weeks of duty."

Those wanting to serve on a weekly basis can apply for the full-time Air Reserve Technician pro-

gram. People in these civil service jobs must be fully qualified and have their five skill level completed to apply for a job in their specialty. Airmen receive the same benefits as those on active duty.

To qualify, the Reserve unit must have an opening in the Airman's career field and skill level, he said.

Meanwhile, enlisted Airmen can turn in their stripes for bars through the Deserving Airmen Program commissioning source.

"About 70 percent of Reserve officers are hired (from) within the Reserve enlisted ranks," Sergeant Nienhaus said.

All Airmen thinking of getting out should see an in-service recruiter during their outprocessing, Sergeant Nienhaus said. He suggests these people reply early,

show up with an open mind, listen to what the recruiter has to offer and have a game plan ready. He suggests married Airmen talk with their spouse about their options and have questions ready to ask.

About 20 percent of active-duty Airmen choose to cross over to the Reserve, he said.

To maintain education benefits from the Montgomery G.I. Bill, Airmen must be on active duty for two years before crossing over to the Reserve, where they must serve for four more years.

Servicemembers going into the Reserve with no outstanding service obligations can enter a one-year contract.

Reservists qualify for retirement and full medical benefits after serving 20 years and once they reach the age of 60.



# Beautiful Mess

## Ways to clean up your work desk disaster

**Matt Cox**  
90<sup>th</sup> Communication  
Squadron

The office desk is a reflection of the occupant, so I've heard. But if that's true, I'm a little scared of the message I'm sending out to the world.

My desk is a mess, a disaster, a tribute to pack rats of yesterday's cubicles; but it works for me.

So the question you might be asking yourself is: Is my workspace organized? And if not, how do I create a system that works for me?

Well, oddly enough, a disorganized workspace is highly subjective. What one person sees as a total assault on productivity, another sees as a comfortable place to get the job done.

But how do you know if your system is efficient? That's easy according to Laramie County Community College psychology instructor Dr. John A. Sanford.

He explained that everyone perceives the degree of organization as differently as the way they decorate their desks.

"What works for one person might not work for

someone else," he said. "The important part is to find a system that works for you."

When asked about the anonymous analogy "clean desk, clear mind," he flinched.

"Psychologically, it's a stretch," said Dr. Sanford. "There just wouldn't be sufficient data to support that connection."

In fact, there can be logic to disorder.

Take my desk for example: Buried under myriad graphics work orders, reference books, bottles of water, packs of gum, pens, pencils, notebooks, file folders and sticky notes is the key to my success: A highly organized system that serves my purpose well, regardless of how others see it. My desk could win an Academy Award for its ability to pull off the role of natural disaster.

But I wouldn't have it any other way. Like Dr. Sanford said, this system works for me.

Chances are, your system works for you, too. But for those who can't seem to keep their head above the sea of paperwork, there's help.

According to the Admin-

istrative Resource Network Web site *adresnet.com*, organizing, or reorganizing, your work area is a manageable task. Adresnet's three-phase approach to desk "nirvana" is very user friendly for the organizationally challenged.

Here's a brief overview of Adresnet's philosophy to reclaiming your desk from the torrent of office clutter:

Phase 1 – Take time to organize.

For the extremely busy, scheduling a block of time to arrange their workspace is harder than actually organizing. But what you do today can save you time tomorrow, according to Adresnet's Phase 1 credo: "An investment of 2-8 hours can pay off in the long run. Think of all the time you will save in the future if you can quickly locate that letter, missing fax or phone number."

"The advantage of an organized workspace is having the things we use every day easily accessible," said Dr. Sanford.

Phase 2 – Identify the "keepers" from the "clutter".

Grab the wastebasket, it's cleanin' time. Adresnet suggests the easiest way to

**"THE IMPORTANT PART IS TO  
FIND A SYSTEM THAT WORKS  
FOR YOU."**

-Dr. John A. Sanford, LCCC psychology

get rid of the mess drowning your desk is to sort your materials into four categories: keep, dispose, undetermined, things for others.

Next, deliver the "For Others" accordingly. This will immediately provide much needed desk space.

Then, through shredding, recycling or trash, jettison the items that fall into the "Dispose" category. You'll eventually throw away more when you work through the "Undetermined" pile.

As you get to the undetermined files, it might get harder to simply toss them away.

Adresnet cites the "better safe than sorry" attitude as a reason why many people have cluttered desks to begin with.

Phase 3 – Organize to stay organized

Setting up a desktop

tray or file system to delegate daily responsibilities for your "keepers" will help you stay on organized, according to Adresnet.

The easiest method is to develop a labeling template that will act as a road map to your day-to-day responsibilities: complete today, to do, to read, to file, other people's things/out.

Lurking with the essentials we all need to do our jobs are "space stealers," according to Adresnet. These can be outdated business cards, broken pens, old newspapers and notes, and food related items – empty soda cans or stale chips.

Getting rid of these transient items alone will help you see your desktop. But remember, developing a system that fits your individual needs and office responsibilities is key to reclaiming your workspace.

6 by 4



# Warren bullfighter competes in Cowboy Downhill

Courtesy article

**STEAMBOAT SPRINGS, Colo.** -- Every year for 31 years, rodeo contestants have made the trek to Steamboat Springs, Colo., to compete in the Cowboy Downhill. For the first time in Jeremy Sparks' career, the USAF only PRCA Bullfighter made the trip. Lieutenant Sparks completed the dual slalom course and finished in the top 25 of a field of 70 cowboys who traded in their boots and spurs for skis and snowboards.

The 27-year old had to maneuver through the slalom gates, successfully clear a large jump in the middle of the course, lasso a person, saddle a horse and cross the finish line.

"This is a first-class production," Lieutenant Sparks said. "I told Larry Mahan I wouldn't miss this event again."

Lieutenant Sparks also took part in the Stampede Race which utilizes a mass start and pits cowboy against cowboy in a chaotic winner-takes-all race to the bottom. "I took a late start to avoid the crashes. I didn't have a

good shot at winning, but I was more concerned with being able to survive," Lieutenant Sparks laughed.

The Cowboy Downhill, held in conjunction with the National Western Stock Show and Rodeo in Denver, was created by six-time world champion Larry Mahan and 1964 Olympic men's slalom silver medallist Billy Kidd (Steamboat Springs).

Mr. Mahan took to the slopes 32 years ago in Steamboat to learn from Kidd, the best in the business and Steamboat's director of skiing. The following year, Mr. Mahan brought a group of his buddies from the Denver rodeo for a day on the slopes and the Cowboy Downhill was born.

"We never imagined this event would last for 31 years," Mr. Kidd said. "Heck back then, Mahan and I didn't even know what we were going to be doing the next day much less 30-plus years later. It is great for everyone involved, from the locals to the vacation skiers that come to Steamboat. The cowboys love it and so do we."



Courtesy photo

## Weekly youth bowling scores

Little Pee Wee's Ages 3-5		
Brandon Smith	67	game
Jordan Punahele	86	game
Pee Wee's Ages 4-6		
Madison Murray	65	game
Nicholas Smith	85	game
Bantam-Preps		
Bryan Devore	545	high series handicap
Jennifer Mitchell	504	high series handicap
Kekai Punahele	180	high game handicap
Clark MacBeth	183	high game handicap
Junior-Majors		
Rob Bates	728	high series handicap
Michelle Keney	619	high series handicap
Zach Stephens	256	high game handicap
Lauren Crocker	220	high game handicap

February 2005 – Aerobics Class Schedule						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 0530 Kathy-BodyPump 1200 Lucy-PACE 1700 Brooke-KB	<b>2</b> 0530 Kathy-KB 1200 Annie-KBF 1700 Amy-Circuit	<b>3</b> 0530 Sheri-IS 1200 Tomoko-Ball Aerobics 1700 Brooke-KB	<b>4</b> 0530 Kathy-KB 1200 Lucy-FIRE&ICE 1700 Dora-CS	<b>5</b> 1000 Lucy-FIRE&ICE
<b>6</b>	<b>7</b> 0530 Kathy-KB 1200 Gabriella-Yoga 1700 Annie-KBF*	<b>8</b> 0530 Kathy-BodyPump 1200 Lucy-PACE 1700 Brooke-KB	<b>9</b> 0530 Kathy-KB 1200 Tomoko-Cardio Hip Hop 1700 Amy-Circuit	<b>10</b> 0530 Sheri-IS 1200 Tomoko-Ball Aerobics 1700 Brooke-KB	<b>11</b> 0530 Kathy-KB 1200 Annie-KBF* 1700 Annie-KBF*	<b>12</b> 1000 Tomoko-Cardio Hip Hop
<b>13</b>	<b>14</b> 0530 Kathy-KB 1200 Gabriella-Yoga 1700 Dora-CS	<b>15</b> 0530 Kathy-BodyPump 1200 Lucy-PACE 1700 Brooke-KB	<b>16</b> 0530 Kathy-KB 1200 Lucy-Dance Aerobics&Pilates 1700 Amy-Circuit	<b>17</b> 0530 Sheri-IS 1200 Tomoko-Ball Aerobics 1700 Brooke-KB	<b>18</b> 0530 Kathy-KB 1200 Lucy-FIRE&ICE 1700 Dora-CS	<b>19</b> 1000 Annie-KBF*
<b>20</b>	<b>21</b> PRESIDENT'S DAY No classes	<b>22</b> 0530 Kathy-BodyPump 1200 Lucy-PACE 1700 Brooke-KB	<b>23</b> 0530 Kathy-KB 1200 Tomoko-Cardio Hip Hop 1700 Amy-Circuit	<b>24</b> 0530 Sheri-IS 1200 Tomoko-Ball Aerobics 1700 Brooke-KB	<b>25</b> 0530 Kathy-KB 1200 Annie-KBF* 1700 Dora-CS	<b>26</b> 1000 Lucy-FIRE&ICE
<b>27</b>	<b>28</b> 0530 Kathy-KB 1200 Gabriella-Yoga 1700 Dora-CS					

### Intramural basketball standings

Org.	Wins	Losses	Org.	Wins	Losses
321	13	2	MOS	13	2
LRS	13	3	790 A	11	4
SFS A	9	6	MXS	11	3
OSS	8	7	319/320	9	6
CS	6	10	CE	9	7
SFS C	3	12	CACS	6	9
790 B	3	11	MS 1	4	11
MS 10	2	12	SFS B	0	15

### Over 30 basketball standings

Org.	Wins	Losses
CE	5	1
20 AF	4	2
SFG	2	4
MXS	1	5



# AAFES 'Employee of the Quarter' dreams of baking and Spain

**Airman 1st Class Tessa Cubbon sat down with Stella from Warren's Military Clothing Sales to chat about Warren, Cheyenne, AAFES and get the scoop on the uniform shortage.**

**What's the best part about Warren?**

I think it's beautiful. It's a gorgeous place; calm and serene.

**Do you like being a civilian contractor?**

I like working for AAFES. It's fun.

**Other than Warren, where's the coolest place the Air Force has taken you and your family?**

Germany. We were stationed at Rhein-mein for four years. It was a blast.

**What's your favorite part about your job?**

The people, I like working with a lot of the people. They can be really cool and nice to work with.

**Where do you see yourself in five years?**

Still in Cheyenne, I can say that much.

**What's Warren's best-kept secret?**

It's not that bad a place to live, as long as you get away from the wind.

**If you could have dinner delivered to you from any where in the world, where would it be from and what would it be?**

A top of the line enchilada or chimichanga from Mexico.

**What was the last movie you saw at the theater?**

Oh, that's not fair. I haven't

been to a theater in ages. My husband and I like to sit at home with a DVD and just be comfortable.

**Well, what was the last DVD you watched?**

The Village. I liked it. It was different.

**In your opinion, what is the greatest book ever written?**

The Green mile, by Stephen King.

**Who's your hero?**

My husband. He's always been my hero. We've been married for 22 years; we were childhood sweethearts.

**What's something people you work with would be surprised to know about you?**

There's not much of anything they don't know about me.

**As a civilian contractor, you get to see the civilian and military sides of life. What do you think civilians misunderstand most about the military?**

We're doing our jobs just like everyone else. We're not the bad guys.

**What would you do with a time machine?**

I would go back and finish high school. I have my GED, but ... My life is pretty good, not too many regrets.

**What's your life's motto?**

Take life as it is. Don't stress out over every little thing; It's not worth it.

**What's up with the uniform situation?**

They've been on back order. They're slowly starting to show up.



Photo by Airman 1st Class Tessa Cubbon

**What's the biggest honor you've ever had?**

I was Employee of the Quarter.

**When you were a kid, what did you want to be when you grew up?**

I wanted to be a baker. I really like to bake.

**What's your favorite dessert?**

I have this new sort of cherry

up side down cake.

**What CD do you have in your stereo right now?**

Big and Rich's newest CD.

**If you were President for a day, what would you do?**

I have no idea; I've never thought about it.

Maybe fly somewhere in Air Force One for the day, and go check out Spain.



**Softball coaches wanted**

The athletic director of the 90th Services Squadron is seeking applicants for the coaching positions of the men's and women's varsity softball teams.

Those interested in applying need to submit a resume no later than Feb. 25. Applicants must drop off resumes at Freedom Hall, attention Mr. Koval.

For more information, call Tech. Sgt. Trujillo at 773-2304.

**NSI lunch special**

Come to the Trail's End Club during the NSI, Tuesday to Feb. 11 and Feb. 15 to 18, from 11 a.m. to 1 p.m., and receive a "Buy Two Buffets, Get One Free" punchcard good only during the NSI.

Tuesday is Southern, Wednesday is Italian, Thursday is Mexican and Friday is seafood.

The buffet always includes a salad bar, home-made soup, beverage and dessert for \$7.95. Club members receive a \$1 discount. Children age six and younger are free and those

ages seven-13 are \$3.50. In a hurry? Carry-outs are always welcome.

**Sundays are Family Days at Chadwell Dining Facility**

Chadwell Dining Facility hosts Family Day every Sunday, noon - 1 p.m.

All active duty members may bring their family members with military ID cards to dine.

The family of deployed servicemembers are also welcome.

Call 773-3838 for more information.

**Colorado Eagles pro hockey discount tickets on sale**

Military discounted tickets to the Colorado Eagles professional hockey games are on sale now for March 12.

Tickets are \$16 each. Games start at 7:05 p.m. at the Budweiser Events Center.

These discount tickets are on sale only at Outdoor Recreation while they last or until the Tuesday prior to game day.

Call 773-2988 for more information.

**Super Bowl party at the club**

Everyone is invited to join the fun at the Super Bowl XXXIX Party Sunday at the Trail's End Club.

The doors open at 1 p.m. and the game begins at 4:25 p.m.

This Football Frenzy party includes prizes, food and half time games of skill.

There is no cover charge and club members and non-members are welcome.

The Football Frenzy X Box will be given away to a club member present.

For more information, call the club at 773-3048.

**Base library offers children's story hour**

Parents can bring their children to the base library for story hours every Friday, 11 a.m.

Today, the library will be celebrating Black History Month. Stories about African American heritage will be read.

Participants are invited to make an "I Have a Dream"

craft.

Feb. 11, the library will celebrate Valentine's Day with Valentine stories and a valentine picture easel.

Feb. 18 the library invites Warren to learn about President's Day during story time with an Abe Lincoln craft.

Children's story hours are sponsored in part by National Property Inspections. No federal endorsement of sponsor intended.

For more information, call 773-3416.

**Ladies night out**

It's Ladies Night Out when Outdoor Recreation takes a trip to Greeley, Colo., for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves ... and their clothes.

See "The Full Monty" at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation.

Call ODR at 773-2988 for more information.

**Parent and child exercise area now open in Freedom Hall**

The exercise room is now open so parents may exercise while watching their children in the children's play area.

It is equipped with a treadmill, cross trainer, recumbent bike, stepper, climber, weight machines and mats.

The children's area has a TV, VCR, DVD player and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

The exercise room is open in conjunction with Freedom Hall hours. Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

**Warren Waves swim team**

The youth swim team is seeking more members ages 17 and younger. They meet Mondays to Fridays, 4:30-5:30 p.m. For more info, call the aquatic center at 773-3195.

6 by 6



## Dorm Escape

**NOW OPEN 7 DAYS A WEEK!!**

**Location: Bldg 234, FTAC**

**Mondays & Tuesdays, 1800-2200**

**Wednesdays, Movie Night, 1800-2200**

**Thursday, Anime Night, 1800-2200**

**Fridays, 1800-2400**

**Saturdays, 1500-2400**

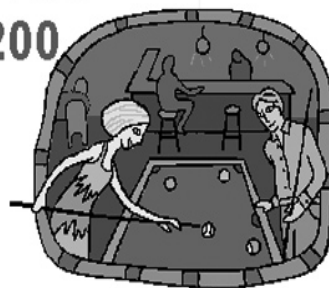
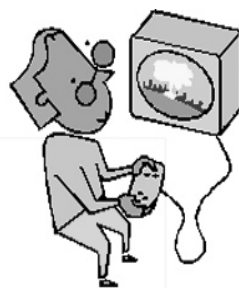
**Sundays, Cappuccino Night  
1800-2200.**

**Volunteers Needed for Friday-Sunday!**

**Airmen, NCOs, & Officers can volunteer.**

**For more information call**

**Chaplain Carl Phillips at 773-3442.**



## **PERSONNEL RELIABILITY PROGRAM**

**Since you last  
performed PRP  
duties ...**

**Have you seen a  
dentist, physician,  
medical  
technician,  
practitioner,  
chiropractor,  
counselor or  
hypnotist?**

**This also includes  
any military  
doctors you might  
have seen while  
on TDY or leave.**

**If so, talk with  
you CO or  
PRP monitor  
immediately!**

**Questions? Call  
your PRP monitor,  
base PRP at 773-  
3490 or medical  
PRP at 773-3580.**

# WIRED

**We're  
Inspection  
Ready EVERY Day**